

COMPLETE GUIDE TO MENTAL HEALTH RESOURCES

INSTRUCTIONS FOR URGENT CARE

If you don't think you can keep yourself safe right now, ask someone to take you to the nearest emergency room or psychiatric crisis center. Or call the National Suicide Prevention Lifeline at 1-800-273-8255 or text HOME to 741741.

**National Suicide
Prevention
Lifeline**
1-800-273-8255 or
text HOME to
741741

HELPLINES

A note: Many of these crisis resources could use restrictive interventions, such as wellness check by law enforcement or emergency services. There are some exceptions, including TransLifeline, which will not implement these restrictive measures unless consented. A warmline is least likely to use restrictive measures, but may still hold these policies. If contacting a crisis service, you can ask if this is a possibility at any point in your conversation.

NATIONAL SUICIDE PREVENTION CHATLINE

Text HOME to 741741 to chat with a trained crisis counselor for free anytime within the US. to share and digest.

LGBTQ+ NATIONAL HELP CENTER

Call 1-88-843-4564; open to callers of all ages. Provides peer-counseling, information, and local resources.

TRANS LIFELINE

Call 1-877-566-8860. The hotline is staffed by transgender volunteers ready to respond to whatever needs community members might have.

WARMLINES

Speaking to someone on these calls are typically free, confidential, and run by people who understand what it's like to struggle with mental health problems.

SAFE PLACE

Text "SAFE" to 4HELP (44357). National youth outreach and prevention program for youth in need of immediate help and safety.

CALL BLACKLINE

Call (800) 604-5841. Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.

MENTAL HEALTH RESOURCES: DEPRESSION, SUICIDE, & ANXIETY

SUICIDE

AMERICAN ASSOCIATION OF SUICIDOLOGY

Promotes research, public awareness and education, and training for professionals and volunteers.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Provides information about suicide, support for survivors, prevention, research, and more.

SUICIDE PREVENTION RESOURCE CENTER

This website has factsheets on suicide by state and population characteristics, as well as other educational resources.

DEPRESSION

DEPRESSION SCREENING

Aimed at educating people about clinical depression, this website offers a confidential way for people to get screened for symptoms of depression and guide people towards appropriate help.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

A comprehensive support resource provides education, tools, peer support, and inspiring stories of recovery.

ANXIETY

ANXIETY DISORDERS OF AMERICA ASSOCIATION

Promotes the diagnosis, treatment, and cure of anxiety disorders.

E-COUCH

This website provides information about emotional problems, what causes them, how to prevent them, and how to treat them. It also includes a set of evidence-based online interventions created to teach the user strategies to improve their mood and emotional state.

FREEDOM FROM FEAR

Provides information, screening tools, and more resources on many types of anxiety disorders.

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WARMLINES
Speaking to someone on these calls are typically free, confidential, and run by people who understand what it's like to struggle with mental health problems.

MENTAL HEALTH RESOURCES: SELF- HARM

RECOVERING FROM SELF- INJURY

A comprehensive guide to understanding self-injury, the recovery process, strategies for stopping, information on how to talk to someone about self-injury, and finding professional help.

This resource is designed for parents of kids with mental illness and covers a wide range of mental health problems, including a section on self-injury.

FOCUS ADOLESCENT SERVICES

A residential treatment program for people who engage in self-injury. This website includes information about self-injury and about starting treatment.

SAFE ALTERNATIVES (SELF-ABUSE FINALLY ENDS).

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MENTAL HEALTH RESOURCES: EATING DISORDERS

NATIONAL EATING DISORDERS ASSOCIATION

Includes stories of recovery from eating disorders, information about seeking treatment and additional resources for school professionals and caregivers.

**National Suicide
Prevention
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NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

This resource includes information about eating disorders, how to find treatment and support groups for those suffering and their families.

NATIONAL INSTITUTE OF MENTAL HEALTH

Includes links to more information about eating disorders.

EATING DISORDERS ANONYMOUS

Similar to the 12-step approach used by Alcoholics Anonymous, this resource lists nationwide meetings that can help those struggling with eating disorders.

OVEREATERS ANONYMOUS

Similar to the 12-step approach used by Alcoholics Anonymous, this resource lists nationwide meetings that can help those struggling with compulsive and binge eating.

**National Eating
Disorder
Association
Lifeline
1-800-931-2237**

HEALTH AT EVERY SIZE (HAES)

Body liberatory community with mental health, physical health, and advocacy resources following the HAES framework of social justice and health equality.

INTUITIVE EATING PROVIDERS

Counselors, dietitians, medical doctors, and related providers specializing in an evidence-based mind-body health approach to eating disorder recovery.

**For crisis
situations
text
NEDA to
741741**

MENTAL HEALTH RESOURCES: PSYCHOSIS & PSYCHOTIC DISORDERS

SCHIZOPHRENIA
AND RELATED
DISORDERS
ALLIANCE OF
AMERICA
(SCHIZOPHRENICS
ANONYMOUS)

A collection of self-help groups established to support the recovery of people experiencing schizophrenia.

Provides information, support, and education to family members, caregivers, and individuals whose lives have been affected by schizophrenia.

SCHIZOPHRENIA
.COM

PENDULUM

A nonprofit organization providing information on bipolar disorder. Includes book reviews, discussion forums, articles, and links to other resources.

Provides downloadable fact sheets on psychotic disorders.

BRAIN &
BEHAVIOR
RESEARCH
FOUNDATION

**National Suicide
Prevention
Lifeline
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MENTAL HEALTH RESOURCES: SUBSTANCE ABUSE & ADDICTION

[CENTERS FOR DISEASE CONTROL AND PREVENTION \(SMOKEFREE.GOV\)](#)

Provides ideas about how to stop using tobacco. Includes downloadable resources and contacts for online and phone counseling.

[NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM](#)

The lead agency in the United States for research on alcohol use disorders.

[NATIONAL INSTITUTE ON DRUG ABUSE](#)

Provides links to information for parents, teens, health professionals, teachers, and others about various substance use problems.

[DRUG SCREENING](#)

Drug screening site with a questionnaire to determine if you or someone you know may have a drug use problem.

[AL-ANON AND ALATEEN](#)

Provides information and support for the family members and friends of people with alcohol problems. Includes lists of meetings by location in the United States and Canada.

[NARCOTICS ANONYMOUS AND ALCOHOLICS ANONYMOUS](#)

Provides information, screening tools, and more resources on many types of anxiety disorders.

[START YOUR RECOVERY](#)

This resource works with experts in effectively treating substance use issues to offer people a single source of relatable, reliable information at any stage of recovery.

[NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.](#)

Information on local resources for getting help for a substance use concern, fact sheets, and further information for friends, family members, and youth on talking about substance use.

[SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION](#)

Information about substance use disorders for the public, families, health professionals, schools, and individuals. Includes a treatment finder to locate a substance use treatment provider near you.

[ALCOHOL SCREENING](#)

Screening site with a test to gauge your own or someone else's level of alcohol use. Includes advice about decreasing intake or getting professional help.

MENTAL HEALTH RESOURCES: BIPOC

BLACK AMERICANS

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

An organization dedicated to removing the barriers that prevent Black Americans from mental health treatment.

National Suicide Prevention Lifeline
1-800-273-8255 or text HOME to 741741

CALL BLACKLINE
Call (800) 604-5841.
Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.

BLACK MENTAL WELLNESS

Provides access to evidence-based information and resources about mental and behavioral health topics from a Black perspective.

BLACK MEN

BLACK MEN HEAL

Provides access to mental health treatment, psycho-education, and community resources to men of color.

THERAPY FOR BLACK MEN

A directory to help men of color find a therapist.

BLACK WOMEN

BLACK WOMEN'S HEALTH IMPERATIVE

A nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.

THERAPY FOR BLACK GIRLS

A community dedicated to the wellness of Black women with a directory of Black therapists.

SISTA AFYA COMMUNITY MENTAL WELLNESS

Sustaining the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental well services.

THE LOVELAND FOUNDATION

Therapy funding available for Black women and girls.

FINDING A BLACK THERAPIST

BORIS LAWRENCE HENSON FOUNDATION

BLACK MENTAL HEALTH ALLIANCE

MELANIN & MENTAL HEALTH

ASSOCIATION OF BLACK PSYCHOLOGISTS

MENTAL HEALTH RESOURCES: BIPOC

ASIAN, PACIFIC ISLANDER, & SOUTH ASIAN AMERICAN

ASIAN MENTAL HEALTH COLLECTIVE

A directory of APISAA therapists.

NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION

A collection of training, resources, and blogs dedicated to promoting the mental health and well being of the Asian American and Pacific Islander communities.

HISPANIC/LATINO/A/X

LATINX THERAPY

A Latinx therapist directory, podcasts, wellness resources, and training with the mission to destigmatize mental health in the Latinx community.

LATINX/HISPANIC COMMUNITIES & MENTAL HEALTH

Spanish speaking resources for general mental health, including a list of Spanish language materials and Spanish-language screening tools.

LGBTQ+POC

INCLUSIVE THERAPISTS

A directory of therapists specialized in working with the intersection of sexual, gender, and ethnic minorities.

NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK

A directory with an interactive digital map that helps QTPOC locate QTPOC mental health practitioners across the country.

YOUNG POC

THE STEVE FUND

Dedicated to the mental health and emotional well-being of students of color with special resources, programs, and services for coping with COVID-19.

TEEN MENTAL HEALTH

This website provides learning tools on a variety of mental illness and resources to help yourself and friends.

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MENTAL HEALTH RESOURCES: BIPOC

INDIGINOUS PEOPLE

National Suicide
Prevention Lifeline
1-800-273-8255 or
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741741

INDIAN COUNTRY CHILD TRAUMA CENTER

A SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities. Oklahoma City-based center specializes in treatment of Native American children that live with trauma and sexual abuse.

STRONGHEARTS NATIVE HELPLINE

StrongHearts Native Helpline is a domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally appropriate support daily from 7 a.m. to 10 p.m. CT via phone and online chat. StrongHearts Native Helpline's one-on-one chat sessions with advocates can be accessed by clicking on the "Chat Now" icon at strongheartshelpline.org.

CIRCLES OF CARE

Describes the Substance Abuse and Mental Health Services Administration's grant program, Circles of Care, which develops culturally appropriate interventions to serve youth with serious behavioral health challenges.

INDIAN HEALTH SERVICE

A Federal program for American Indians and Alaska Natives. Website includes FAQ for patients and a section on Behavior Health services in the AI/AN health care services.

ONE SKY CENTER

Provides resources and a "Find a Therapist" locator for treating mental health and substance use disorder within Native American communities.

MENTAL HEALTH RESOURCES: LGBTQ+

LGBTQ+ NATIONAL HELP CENTER

Call 1-888-843-4564; open to callers of all ages. Provides peer-counseling, information, and local resources.

TRANS LIFELINE

Call 1-877-566-8860. The hotline is staffed by transgender volunteers ready to respond to whatever needs community members might have.

THE TREVOR PROJECT

Call 1-866-488-7386. A 24/7, free, and confidential suicide hotline for LGBTQ+ youth. Talk with a trained counselor if you are in crisis, are feeling suicidal, or are in need of a safe and judgement-free place to talk. Provides support and educational information for LGBTQ+ youth and their allies. Includes guidebooks to coming out and more.

LAMBDA LEGAL

Provides information about LGBTQ+ laws in all states and resources for LGBTQ+ youth by state.

HUMAN RIGHTS CAMPAIGN

The HRC encourages all LGBTQ+ Americans to live openly and works to educate members and allies to enhance equality.

PFLAG

Provides support to families and allies who are in need, through peer-to-peer meetings, online outreach, and telephone hotlines.

LGBT NATIONAL HELP CENTER

Free and confidential peer-led support for LGBTQ+ people as well as local resources.

HATE CRIME INFO & REPORTING

Information on LGBTQ+ hate crimes, including rates, what's being done, and how to report.

ASEXUAL VISIBILITY

The world's largest online asexual community as well as an archive of resources on asexuality.

IT GETS BETTER PROJECT

View a stream of inspiring stories shared by members of the LGBTQ+ community and find youth support services near you.

BISEXUAL VISIBILITY

A voice for the bisexual community: a place to share accurate information, answer questions, and share resources.

NATIONAL CENTER FOR TRANSGENDER EQUALITY

The NCTE provides self-help guides and information on current issues and legal rights for transgender individuals.

MENTAL HEALTH RESOURCES: TEENS & ABUSE

National Suicide
Prevention Lifeline
1-800-273-8255 or
text HOME to
741741

TEEN MENTAL HEALTH

This website provides learning tools on a variety of mental illness, videos, and resources.

(Youth Empowerment & Support)
Run by scientists at Stony Brook University with the goal to give teens (ages 11-17) a chance to learn about new ways of dealing with stress while helping other teens to do the same.

PROJECT YES

Provides information about six federal programs available for youth facing homelessness.

YOUTH.GOV

The “Your Feelings” section of this website offers guidance to teen girls by recognizing mental health problems, getting help, and talking to parents.

GIRLSHEALTH

CHILDHELP NATIONAL ABUSE HOTLINE

Confidential hotline for anyone experiencing child abuse and/or seeking resources, information, and referrals to thousands of emergency social services and support resources (24/7 hotline: 1-800-422-4453).

Text “LOVEIS” to 22522 to chat with a peer advocate about dating violence. Advocates offer support and education to teens, young adults, and concerned family/friends.

LOVE IS RESPECT

MENTAL HEALTH RESOURCES: GENERAL MENTAL HEALTH

NATIONAL ALLIANCE ON MENTAL ILLNESS

Speak with NAMI members (people living with mental illness and/or their family members) to exchange information about mental health professionals in your community.

Information on mental health, getting help, and taking action.

MENTAL HEALTH AMERICA

NATIONAL EMPOWERMENT CENTER

This resource is dedicated to spreading messages of recovery and empowerment to those struggling with mental illness. Provides information and advocacy resources.

Provides statistics pertaining to mental illnesses, including data by demographic.

NATIONAL INSTITUTE OF MENTAL HEALTH (MENTAL ILLNESS AMONG US ADULTS).

WORLD HEALTH ORGANIZATION (DISABILITY FROM MENTAL ILLNESS).

Contains information on the global impact of mental illness.

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips and how to relax.

REACH OUT

STRENGTH OF US

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong, and achieve goals through peer support and resource sharing.

This website reflects the lived experiences of those that have struggled with mental illness, including research-based modules with hours of recordings and analyses to offer education on different mental illnesses.

HEALTH TALK

MENTAL HEALTH RESOURCES: FINDING A THERAPIST

AMERICAN PSYCHIATRIC ASSOCIATION

Call 1-888-357-7924, press 0

AMERICAN PSYCHOLOGICAL ASSOCIATION

Call 1-800-964-2000

US SUBSTANCE AND MENTAL HEALTH SERVICES ADMINISTRATION

AMERICAN ASSOCIATION OF COGNITIVE BEHAVIORAL THERAPY

DIALECTICAL BEHAVIORAL THERAPY THERAPISTS

Other options include:

Asking your primary care physician or pediatrician for mental health professional referrals, contacting your insurance company for a list of mental health care providers included in your insurance plan, or visiting a psychiatry department at a local teaching hospital or medical school.

MENTAL HEALTH RESOURCES: HELPFUL APPS

MINDFULNESS FOR TEENS

This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings.

CALM

App for sleep aid, meditation, mindfulness, and guided relaxation.

SONDERMIND

Connect with a licensed therapist who accepts your insurance and is able to meet online or in-person.

MINDSHIFT

Designed specifically for teens and young adults with anxiety, this app guides the user through ways of changing thinking patterns around anxiety and ride out intense emotions.

MOODKIT

Uses tools from Cognitive Behavioral Therapy to provide over 200 different mood improvement activities.

WHAT'S UP

Use Cognitive Behavioral Therapy and Acceptance Commitment Therapy methods to help you cope with depression, anxiety, and stress. Includes a positive and negative habit tracker and programs for grounding and stopping negative internal monologues.

PTSD COACH

PTSD Coach offers self-assessments, resources for finding support, guided positive self-talk, and anger management to aid those struggling with PTSD.

NOCD

Designed to track OCD behaviors, guide users through episodes, and provide weekly severity assessments.

EMOODS

A mood tracking app designed specifically for people with bipolar disorder, this app tracks moods and psychotic symptoms over time to support fluctuating moods and identify triggers.

SCHIZOPHRENIA HEALTH STORYLINES

Makes it easier for those with schizophrenia to track symptoms and monitor mood and medications. Set medication and appointment reminders, track questions for a clinician, note symptoms, and connect with a free support system.

CALMHARM

A free app to help manage the urge to self-harm.